

Pumpkin, Chickpea and Coconut Curry



Photo credit: Recipe produced in conjunction with Nutrition Australia Qld

Serve 4

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium brown onion, finely diced
- 4 garlic cloves, crushed
- 3 teaspoons finely grated ginger
- 1 long red chilli, deseeded and finely chopped
- 1 bunch fresh coriander, finely chopped
- 2 teaspoon ground turmeric
- 2 teaspoon ground cumin
- 2 teaspoon ground coriander
- Cracked black pepper
- 400g can diced tomatoes (no added salt)
- 400mL can light coconut milk
- 800g pumpkin, peeled and chopped into 3cm cubes
- 420g can chickpeas (no added salt), drained & rinsed
- 1 cup basmati rice (or brown rice)
- 1 lime, juiced

For a video on how to make the recipe, visit:
<https://youtu.be/RGd76-Fo4Vw>

Method

1. Heat the oil in a large pot over a medium heat.
2. Add the onion and cook for 2 minutes.
3. Add the garlic, ginger, chilli and coriander stalks. Cook until softened and fragrant.
4. Add the turmeric, cumin, coriander and season with pepper. Cook until fragrant.
5. Add the tomatoes and coconut milk. Rinse the diced tomato and coconut milk cans with $\frac{1}{2}$ cup of water and add to the pot. Bring the boil and add the pumpkin and chickpeas. Reduce the heat to low and simmer, covered, for 30 minutes or until the pumpkin is tender but holding its shape.
6. Meanwhile, cook the basmati rice according to packet instructions.
7. Once the curry is almost ready, finely chop the coriander leaves and stir through the curry along with the lime juice. Cook for a further 5 minutes, uncovered, until thickens.
8. To serve, divide the rice among four bowls and top each with the curry.

Nutrition information

5 serves of vegetables per serve

Per serve: 2111kJ; 15.5g protein; 12.6g fat; 73.6g Carbohydrate; 78mg Sodium; 14g fibre.

Per 100g, 352kJ; 2.6g protein; 2.1g fat; 12.3g Carbohydrate; 13mg Sodium; 2.3g fibre.

For more great recipes, see
<https://hw.qld.gov.au/blog/boost-your-recipes/>.